

# **Topic 1: Lone Worker Safety**



Lone Worker – Defined: A Lone Worker is an employee performing work with no line of sight or direct communication with another person who is aware of their assignment and capable of initiating emergency response.

#### Prohibited Activities when working alone (DWR):

- Entering Permit required confined space
- Entering open trenches
- Use of Fall Arest Equipment
- Use of Supplied Air Resperatory Equipment
- Snorkeling
- Operating a boat on water

#### Procedures:

- Update Calendar to convey planned activity/location/duration of work and overnight lodging
- Alert supervisor to location where personal vehicle is parked if using agency/company vehicle for work
- Communication: Establish daily check-in protocol
- •Communication: Worker should have operational communication devices such as sat phone, cell phone, and/or radio and keep in good working order and test prior to departure. Ensure employee is familiar with proper operation of equipment
- •Text/Communicate with Supervisor when returning to the office or hotel for he day.
- Report injuries or incidents

### "Failure to Report" Procedures:

- Call field employee primary phone number
- Call field employee secondary phone number
- Check parking lot where personal vehicle is stored
- •Call co-workers or partner agency contacts who may have know whereabouts of employee (i.e. USFS Ranger working in same area)
- Call Supervisor to update them on situation
- Call CHP/Local Law Enforcement Office for assistance

### Recommended Training:

- Driver Safety Training
- Wilderness First Aid

### As Appropriate:

- Fall Protection
- 4x4 Driving Safety
- Avalanche AIARE Level 1

# Hard copies kept on hand in the office (supervisors and co-workers should be aware of the location of this information):

- Employee Contact & Vehicle Info/Emergency Contact Info
- CHP/Local Law Enforcement Phone Numbers
- Employee Training Records

### **Topic 2: Communication Plan**



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Incorporates the following from the Lone Worker Safety Protocol:

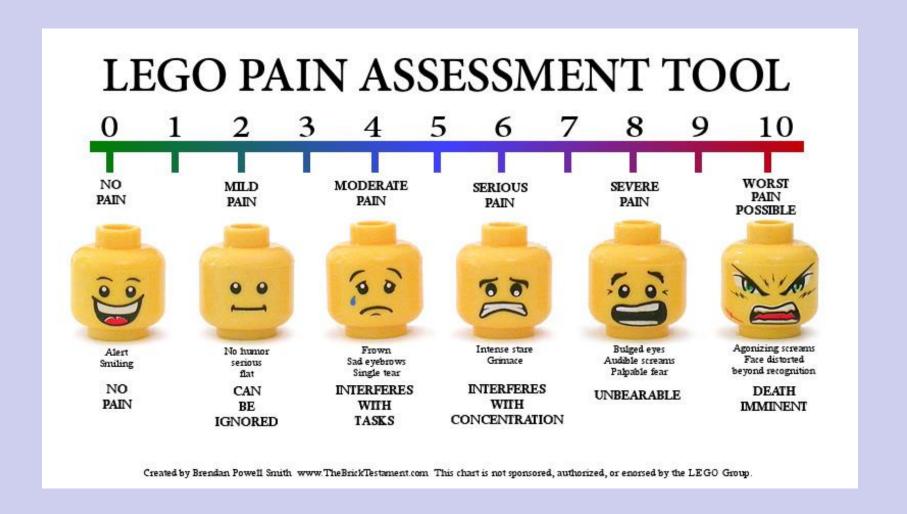
- •Typical procedures: Update calendar, daily check-in, report injuries
- •Uses "Failure to Report" Procedures adding in attempting to contact coworkers on the job as well

Notes which equipment team members are equipped with (i.e. Avy gear, sat phone, skis, etc) Make Trip-Specific Communication Plan to include:

- •Table showing: Team member names, cell phone, emergency contact name, emergency contact phone, vehicle type/color, vehicle lic. plate #
- •If on snow survey communication plan can include latest info on avalanche hazard check regional avalanche center websites
- Outline of travel plan:
  - Example:
    - Employees meet at office, plan to leave at 0900 hrs
    - Drive east along Hwy 50 to Wrights Lake Road exit and park (approx. 2 hrs)
    - Team will conduct Job Hazard Analysis/Tailgate meeting at Wrights Lake Rd.
    - Ski from Wrights Lake Road to Lyon's Creek snow course (measurement 1 hr)
    - Ski from Lyon's Creek to Alpha snow course (measurement 1 hr)
    - Ski out from Alpha snow course expect arrival at vehicle to be approx. 1600 hrs
    - Drive back to office expect to arrive around 1830 hrs. Potential stop mid-way for food/restroom in Placerville

Note: Team will alert supervisors via call/text when back at vehicle and also when back at office

### **Topic 3: Medical Facilities Maps**



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Premise: Clarity of though is much easier to obtain when one is not stressed or in life threatening conditions.

Imagine your co-worker falls and sustains serious injuries – and you are in a position to drive them to a medical facility. You are somewhere near Echo Summit. Your 4G is spotty right now. Where do you go?

- •South Lake Tahoe?
- •Placerville?
- •Or is there somewhere closer maybe?

Having pre-made medical facilities maps can make a big difference in responding to injuries or illnesses. Of course 911 using a sat phone would be ideal for life threatening or very serious injuries, especially when in remote locations not near major roads.

But having knowledge head of time where facilities are located will not only expedite getting the attention needed, but also can put your mind and that of your ill or injured co-worker at ease.

### **Topic 3: Medical Facilities Maps**

#### Echo Summit/Hwy 50 Snow Courses Urgent Care facilities

 South Lake Tahoe Barton Memorial Hospital 22 miles/29 min by car (good weather)

Address: 2170 South Avenue, South Lake Tahoe, <u>CA Phone</u>: (530) 541-3420

 Placerville – Marshall Medical Center Hospital 35.5 miles / 40 min by car (good weather)

Address: 1100 Marshall Way, Placerville, CA Phone: (530) 622-1441

#### Non-24 Hour Emergency/Urgent Care Facilities

 Barton Medical Clinic at Sierra-At-Tahoe 12 miles / 16 min by car (walk ins welcome)

Address: 1111 Sierra-At-Tahoe Rd, Twin Bridges, <u>CA Phone</u>: (530) 659-7434

 Mountain Lake Medical – Pollock Pines, CA 23 miles / 29 min by car (walk ins welcome)

Address: 6156 Pony Express Trail, Pollock Pines, <u>CA Phone</u>: (530) 644-6044

All Distances are from the WRIGHTS LAKE RD turnoff from Hwy 50

